

# Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES  
FOR LANGUAGE TEACHERS"**

[breakingnewsenglish.com/book.html](http://breakingnewsenglish.com/book.html)

**Thousands more free lessons  
from Sean's other websites**

[www.freeeslmaterials.com/sean\\_banville\\_lessons.html](http://www.freeeslmaterials.com/sean_banville_lessons.html)

## Level 5

### Carrying the shopping makes over-65s stronger

1st October, 2017

<https://breakingnewsenglish.com/1710/171001-shopping-5.html>

## Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 4 and 6. They are (a little) harder.

Twitter



[twitter.com/SeanBanville](https://twitter.com/SeanBanville)

Facebook



[www.facebook.com/pages/BreakingNewsEnglish/155625444452176](https://www.facebook.com/pages/BreakingNewsEnglish/155625444452176)

Google +



<https://plus.google.com/+SeanBanville>

# THE READING

From <https://breakingnewsenglish.com/1710/171001-shopping-5.html>

Older people should carry their own shopping to stay stronger and live longer. A physiotherapy group in the UK says this is important for the over-65s to keep active to maintain their strength. Millions of people risk falling because they do not maintain their strength. This causes most hip injuries. The group says nearly a quarter of over-65s don't exercise to keep their muscles strong. A physiotherapy group spokesperson said: "For those 65 and over, they can also include activities that involve stepping and jumping, like dancing, or chair aerobics."

The physiotherapist group said the over-65s should carry shopping home. It warns against Internet shopping. It said the rise of Internet shopping means fewer people are getting a "shopping workout". The group said: "Research shows getting stronger brings a whole host of health benefits so it is incredibly important that people don't overlook strengthening when being active." It also suggested gardening, vacuuming and regularly standing up out of a chair. It added: "We must move past the idea that becoming weaker and frailer is inevitable as we get older."

Sources: <http://www.bbc.com/news/health-41430301>  
<http://www.dailymail.co.uk/health/article-4929536/Online-food-shopping-RUINING-muscles.html>  
<http://www.csp.org.uk/press-releases/2017/09/28/too-many-people-letting-muscle-waste-they-age-physiotherapists-warn>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/1710/171001-shopping-5.html>

## PARAGRAPH ONE:

- |                              |                         |
|------------------------------|-------------------------|
| 1. Older people should carry | a. their muscles strong |
| 2. Millions of people risk   | b. involve stepping     |
| 3. This causes most hip      | c. falling              |
| 4. nearly a quarter          | d. aerobics             |
| 5. exercise to keep          | e. their own shopping   |
| 6. For those 65              | f. of over-65s          |
| 7. activities that           | g. injuries             |
| 8. chair                     | h. and over             |

## PARAGRAPH TWO:

- |                         |                              |
|-------------------------|------------------------------|
| 1. physiotherapist      | a. health benefits           |
| 2. It warns             | b. and frailer               |
| 3. the rise of Internet | c. group                     |
| 4. getting a shopping   | d. we get older              |
| 5. a whole host of      | e. shopping                  |
| 6. regularly standing   | f. workout                   |
| 7. becoming weaker      | g. up out of a chair         |
| 8. inevitable as        | h. against Internet shopping |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1710/171001-shopping-5.html>

Older people should (1) \_\_\_\_\_ shopping to stay stronger and live longer. A physiotherapy group in the UK says this is important for the over-65s (2) \_\_\_\_\_ to maintain their strength. Millions of people risk falling because they (3) \_\_\_\_\_ their strength. This causes most hip injuries. The group says (4) \_\_\_\_\_ of over-65s don't exercise to keep their muscles strong. A physiotherapy group spokesperson said: "For those 65 and over, they (5) \_\_\_\_\_ activities that involve (6) \_\_\_\_\_, like dancing, or chair aerobics."

The physiotherapist group said the over-65s should carry shopping home. (7) \_\_\_\_\_ Internet shopping. It said the rise of Internet shopping means (8) \_\_\_\_\_ getting a "shopping workout". The group said: "Research shows getting stronger brings (9) \_\_\_\_\_ of health benefits so it is incredibly important that people don't overlook strengthening (10) \_\_\_\_\_." It also suggested gardening, vacuuming and (11) \_\_\_\_\_ out of a chair. It added: "We must move past the idea that becoming weaker and frailer is inevitable (12) \_\_\_\_\_."

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1710/171001-shopping-5.html>

Older people should carry their own shopping to stay stronger and live longer. A physiotherapy group in the UK says this is important for the over-65s to keep active to maintain their strength. Millions of people risk falling because they do not maintain their strength. This causes most hip injuries. The group says nearly a quarter of over-65s don't exercise to keep their muscles strong. A physiotherapy group spokesperson said: "For those 65 and over, they can also include activities that involve stepping and jumping, like dancing, or chair aerobics." The physiotherapist group said the over-65s should carry shopping home. It warns against Internet shopping. It said the rise of Internet shopping means fewer people are getting a "shopping workout". The group said: "Research shows getting stronger brings a whole host of health benefits so it is incredibly important that people don't overlook strengthening when being active." It also suggested gardening, vacuuming and regularly standing up out of a chair. It added: "We must move past the idea that becoming weaker and frailer is inevitable as we get older."

# BEING OVER 65 SURVEY

From <https://breakingnewsenglish.com/1710/171001-shopping-4.html>

Write five GOOD questions about being over 65 in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

*Carrying the shopping makes over-65s stronger – 1st October, 2017*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

---

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

